## 7resh

## TOTAL TIME COOKING LEVEL

#### PACK YOUR BAGS!

#### WE'RE GOING TO A LITTLE PLACE CALLED FLAVOR TOWN.

The NEW Pure Flavor® Fresh Salsa Kit is taking DIY food kits to the next level. Slice, dice, mix, serve and let the party begin. Fast – Easy – Fun means your friends will be posting pics of your handmade recipe faster than you can refill the chip bowl. It's fresh salsa your way.

Tasty. #flavorUP

#### FAST, FASY, FUN!

Our Fresh Kits are ready for you! From seasoned chefs to food noobs, the Fresh Salsa Kit will take your appetizer game to the next level. Conveniently packaged with everything you need to be the salsa hero.

Whip up this healthy dish with a simple five step process.

Quick prep means more fun times with family and friends!

#### HEALTH BENEFITS

- Rich in Vitamin A and Vitamin C
- Low in saturated fat and cholesterol
- Great source of potassium
- Can be added to a variety of dishes to boost it's nutritional content (and flavor!)

#### **DID YOU KNOW**

Eating salsa can help to keep you hydrated? Adding more salsa to your diet can improve your body's performance on a daily basis.



sales@pure-flavor.com pure-flavor.com 519.326.8444

#### INGREDIENTS:

4 Pure Flavor® Roma Tomatoes 1 Lime

1 Onion

3⁄4 Tbsp. Freeze dried jalapeño

3/4 Tbsp. Freeze dried cilantro

#### **DIRECTIONS:**

- 1. Wash, core and dice up tomatoes.
- 2. Peel and dice up onion.
- 3. In large bowl, combine tomatoes and onion, with desired amount of cilantro and jalapeño.
- 4. Wash and cut lime in half, and squeeze juice into bowl. Add salt and pepper (if desired).
- 5. Stir well and let sit for 5 minutes before serving.

Makes approximately 2 cups of salsa.



#### **SPECIFICATIONS:**

Available formats: 9 x 1.5 lb | 4 x 4lbs





# Mew! Fresh

### TOTAL TIME

15 minutes

**PREP TIME** 15 minutes

SERVES

COOKING LEVEL

easy

#### HAVING A PARTY? TIME TO BE THE HERO!

Swoop in with the authentic Fresh Guacamole Kit and prepare for quick and easy appetizer-supremacy. Healthy avocados, classic roma tomatoes, jalapeño and everything else you need to impress at your next gathering. Blow it up with your own custom ingredients.

You just made the best guacamole recipe on the planet. Chop it. Mix it. Dip it. #GuacItUp

#### FAST. EASY. FUN!

Our Fresh Kits are ready for you! From seasoned chefs to food noobs, the Fresh Guacamole Kit will take your appetizer game to the next level. Conveniently packaged with everything you need to go guaca-licious in the kitchen.

Whip up this healthy dish with a simple five step process.

Quick prep means more fun times with family and friends!

#### HEALTH BENEFITS

- Sodium and cholesterol free.
- Avocados not only have great taste and texture, they're also rich in nutrients and contain close to twenty vitamins and minerals!
- Contains the same healthy fats as nuts and olive oil which means they'll fill you up without the dreaded food coma after.

#### INGREDIENTS:

- 1 Pure Flavor® Roma Tomato
- 3 Avocados
- 1 Onion
- 1 Lime
- 1 Fresh jalapeño (optional)
- 3/4 Tbsp. Seasoning Packet or Fresh cilantro

#### **DIRECTIONS:**

- 1. Wash, peel, remove pits and mash avocados in a medium serving bowl.
- 2. Peel and cut both ends of onion, chop finely.
- 3. Wash and cut tomato, chop finely.
- 4. Stir in onion, cilantro, tomato, and jalapeño.
- 5. Wash, cut lime in half, juice, salt and pepper (if desired) and mix.

#### DID YOU KNOV

Avocados are a super-fruit and they're the only fruit that have monosaturated fats that support a heart-healthy diet and lifestyle!



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